

Ordering Replacement Parts

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457-089009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113-387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (PFEVBE33310)
- The NAME OF THE PRODUCT (PROFORM® 610 Preacher Curl weight bench)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING at the centre of this manual)

PRO·FORM

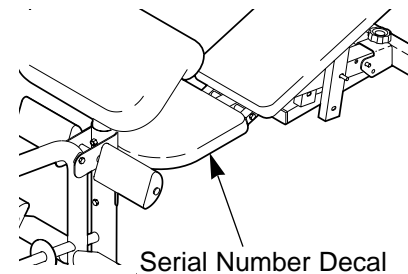


USER'S MANUAL

Model No. PFEVBE33310

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

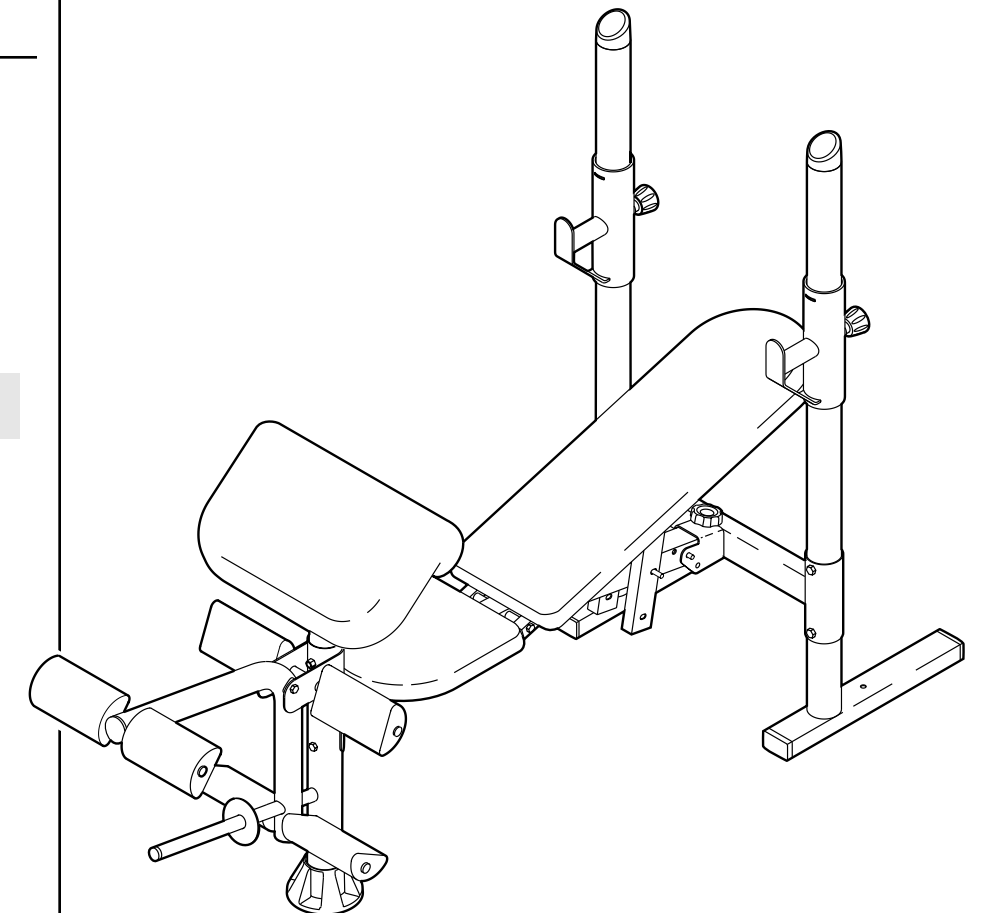
08457-089009

Or write:
ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.proform.com

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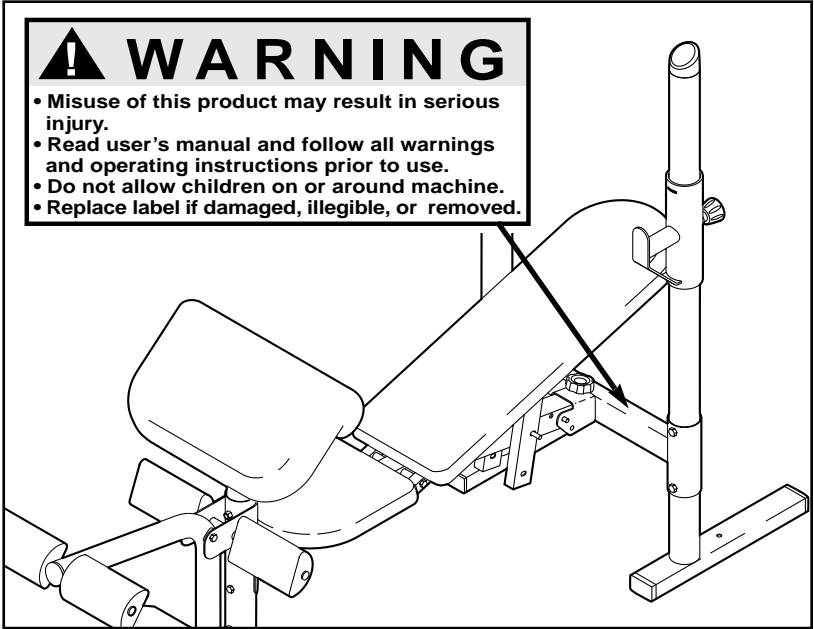
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Note: A Part List/Exploded Drawing is attached to the centre of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department at 08457-089009 to order a free replacement decal. Apply the decal in the indicated location.



MONDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

MONDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

TUESDAY

AEROBIC EXERCISE

Date: / /

WEDNESDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

THURSDAY

AEROBIC EXERCISE

Date: / /

FRIDAY Date: / /	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.

2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.

3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.

4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.

5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.

6. Do not use a barbell (not included) that is longer than 1,8 m (6 ft.) with the weight bench.

7. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.

8. Keep children under 12 and pets away from the weight bench at all times.
9. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection whilst exercising.

10. Always be sure there is an equal amount of weight on each side of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell and prevent the barbell from tipping.

11. The weight bench does not include weights. The weight bench is designed to support a maximum of 254 kg (560 lbs.), including the user, a weight bar, and weights. Do not place more that 140 kg (310 lbs.), including a weight bar and weights, on the weight rests. Do not place more that 68 kg (150 lbs.) on the leg lever.

12. When using the backrest in an inclined position, make sure that the locking pin is inserted completely through both adjustment tubes.

13. When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.

14. If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

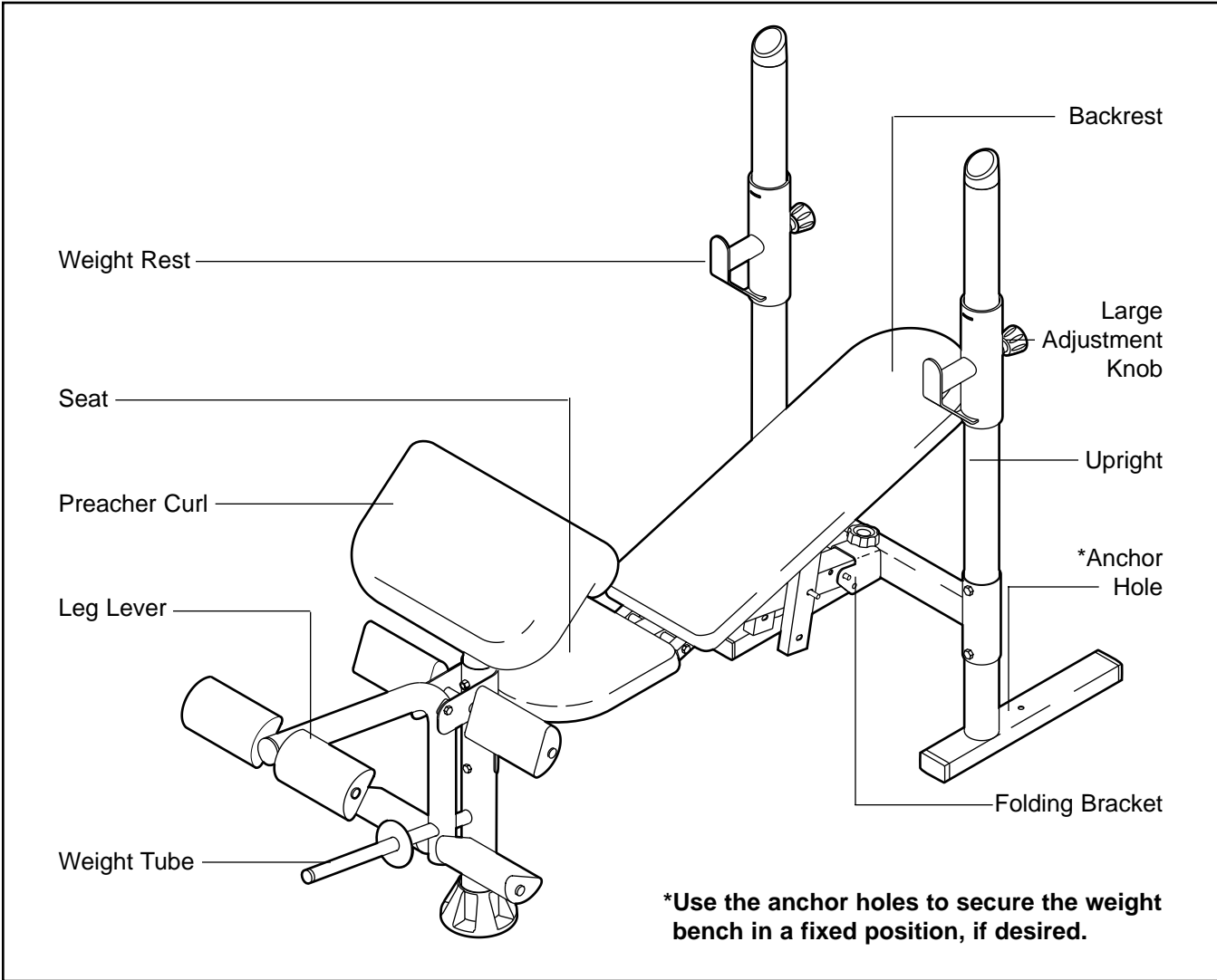
Before You Begin

Thank you for selecting the PROFORM® 610 Preacher Curl weight bench. The versatile PROFORM® 610 is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PROFORM® 610 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the PROFORM® 610 weight bench. If you have

additional questions, please call our Customer Service Department at **08457-089009**. To help us assist you, please mention the product model number and serial number when calling. The model number is PFEVBE33310. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

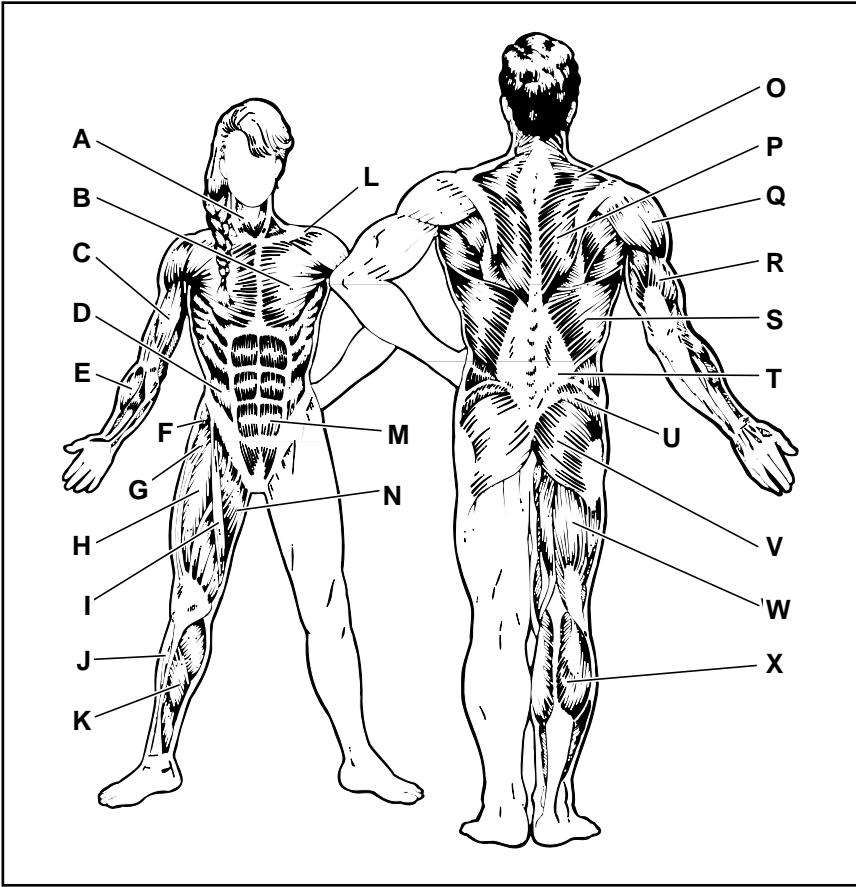
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 14 and 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

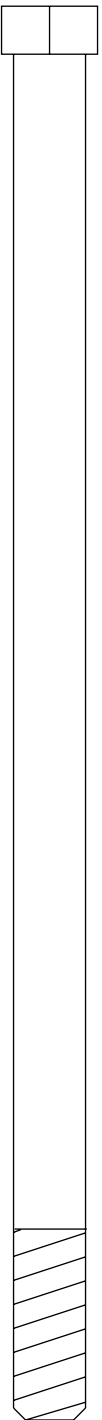
EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 13 to find the names of the muscles.

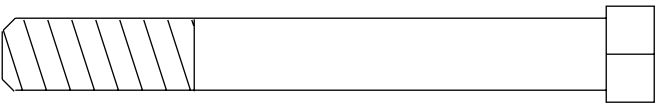
The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Part Identification Chart

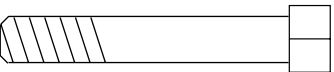
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the Part List. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



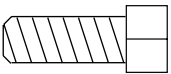
M10 x 180mm Bolt (28)



M10 x 80mm Bolt (23)



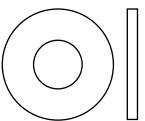
M6 x 38mm Bolt (37)



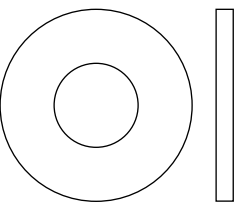
M6 x 16mm Bolt (26)



M10 Nylon Locknut (11)



M6 Washer (38)



M10 Washer (6)

Assembly



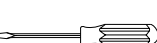

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, the weight bench has many parts, and the assembly process will take time. Setting aside plenty of time will make the assembly go smoothly.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- For help identifying the small parts, use the Part Identification Chart on page 5.

The following tools (not included) are required for assembly:

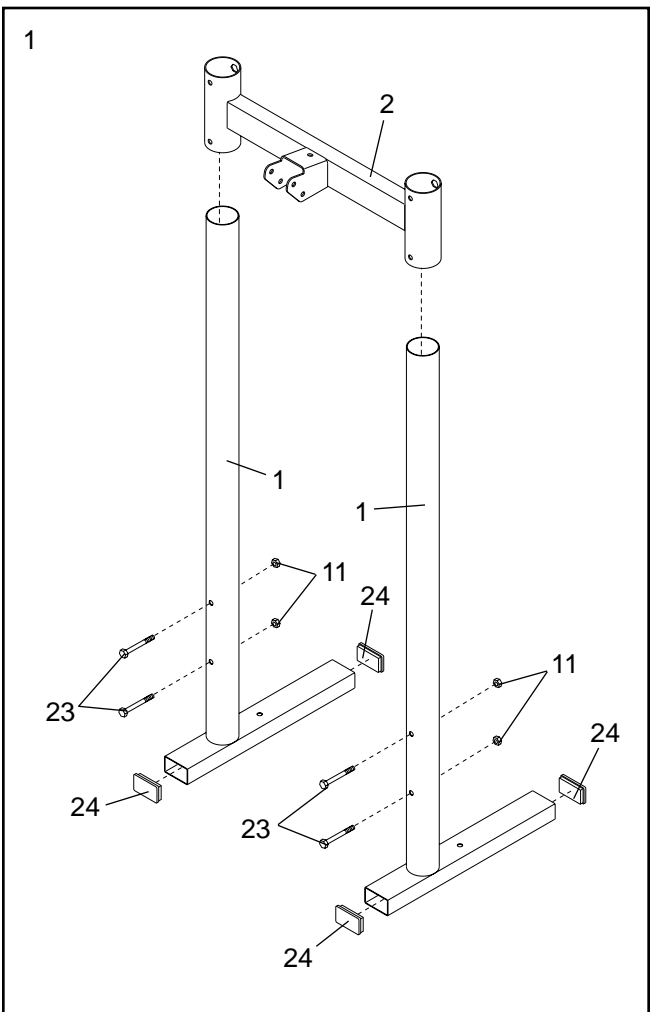
- Two adjustable spanners 
- One rubber mallet 
- One standard screwdriver 
- One phillips screwdriver 
- Lubricant, such as grease or petroleum jelly plus soapy water.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end spanners or a set of ratchet spanners.

1. Before assembling the weight bench, be sure that you have read and understand the information in the box above.

Press the four 50mm x 70mm Inner Caps (24) into the indicated ends of the two Uprights (1).

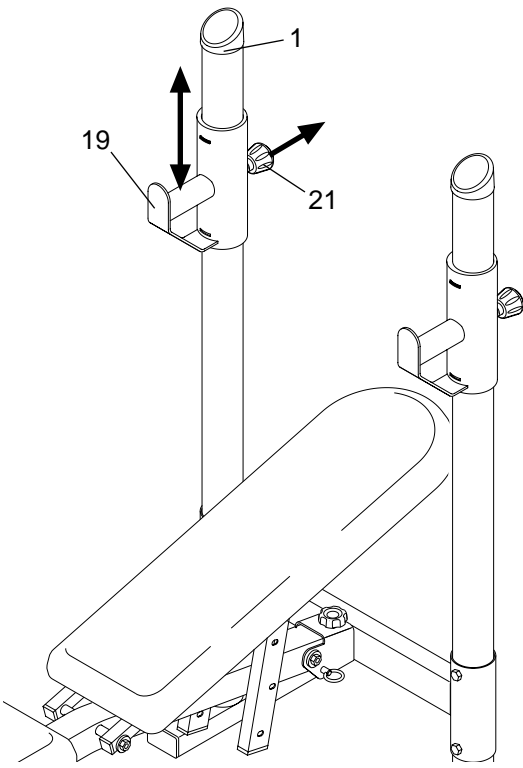
Whilst another person holds the Crossbar (2), orient the two Uprights (1) beneath it as shown. Slide the Crossbar down onto the Uprights and secure it with four M10 x 80mm Bolts (23) and four hand-tightened M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



ADJUSTING THE WEIGHT RESTS

To adjust each Weight Rest (19), turn the Large Adjustment Knob (21) counterclockwise, pull it out of the Weight Rest, and slide the Weight Rest up or down the Upright (1) to the desired position. Reinsert the Large Adjustment Knob so that it locks into a hole in the Upright and turn it clockwise until it is tight.

⚠ WARNING: Always set both Weight Rests (19) at the same height. Make sure that the Large Adjustment Knobs (21) are inserted completely and tightened into the Uprights (1).

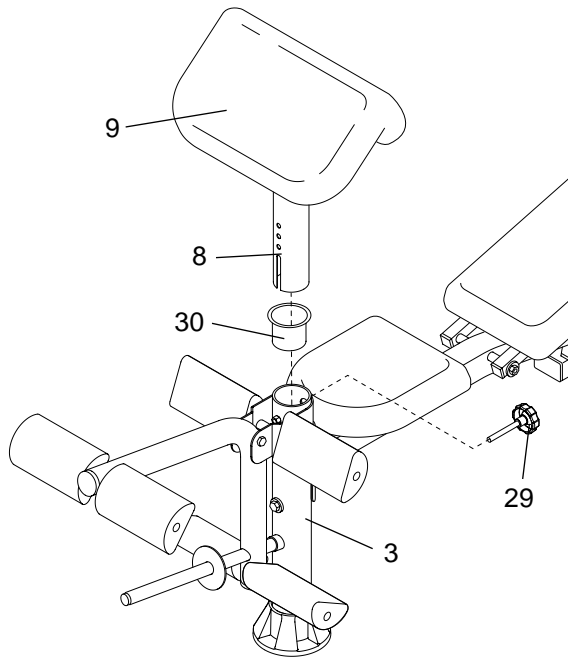


ATTACHING AND REMOVING THE CURL PAD

For some exercises, the Curl Pad (9) must be attached to the weight bench. Insert the Plastic Bushing (30) and the Curl Frame (8) into the Front Leg (3), and tighten the M10 x 70mm Adjustment Knob (29) into the Front Leg and the Curl Frame.

To remove the Curl Frame (8) from the Front Leg (3), remove the M10 x 70mm Adjustment Knob (29) and lift the Curl Frame out of the Front Leg.

⚠ WARNING: When the Curl Pad (9) is not in use, store it away from the bench so it will not interfere with other exercises.



Adjustments

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See Exercise Guidelines on page 12 for important exercise information and refer to the accompanying exercise poster to see the correct form for several exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (12) can be used in a decline position, a flat position, or two incline positions. To use the Backrest in the decline position, remove the Locking Pin (27) and lay the Backrest on the M10 x 65mm Adjustment Knob (13).

To use the Backrest (12) in the flat position, lift the Backrest and insert the Locking Pin (27) through the top set of holes in the adjustment tubes and the Bench Frame (5).

To use the Backrest (12) in an incline position, lift the Backrest and insert the Locking Pin (27) through one of the bottom two sets of holes in the adjustment tubes and the Bench Frame (5).

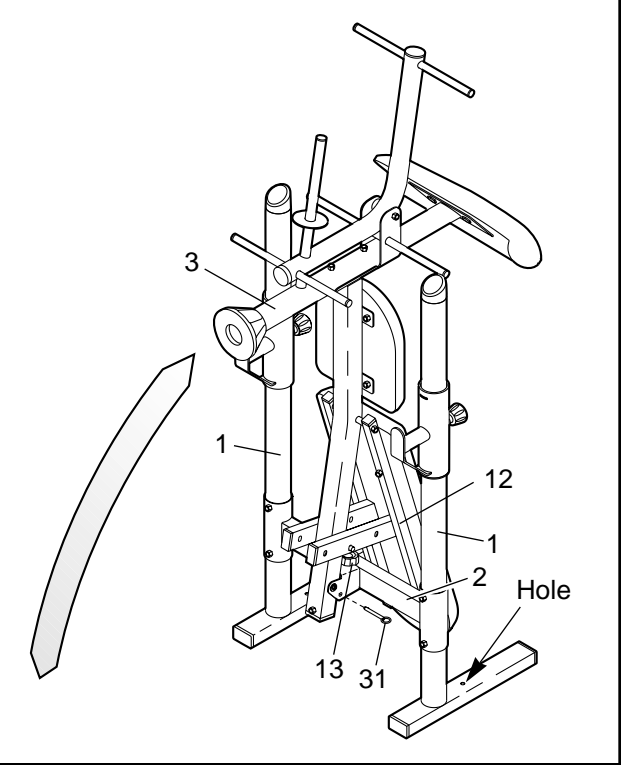
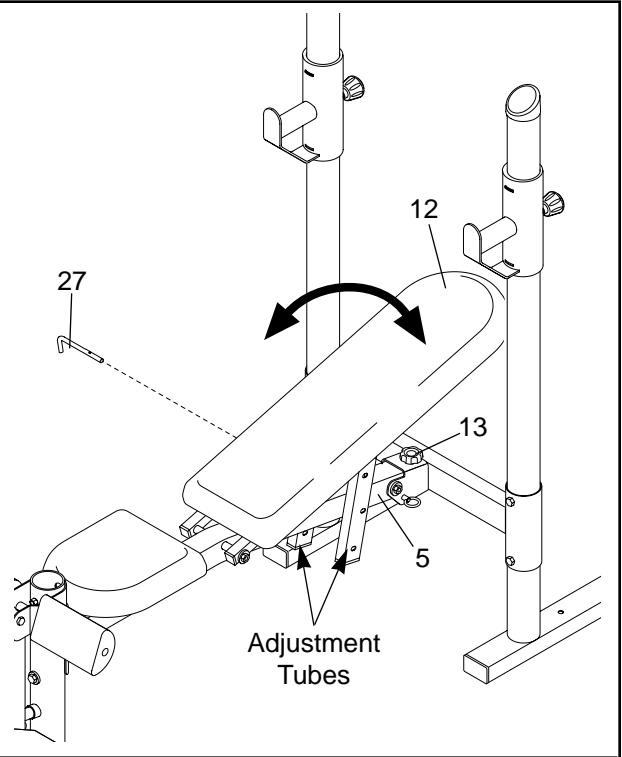
⚠ WARNING: When using the Backrest (12) in an incline position, make sure that the Locking Pin (27) is inserted completely through both adjustment tubes.

STORING THE WEIGHT BENCH

Note: The Backrest (12) must be adjusted to one of the incline positions before storing the weight bench (see ADJUSTING THE BACKREST above).

To store your weight bench, remove the M10 x 65mm Adjustment Knob (13) and the Ring Pin (31) from the Crossbar (2). Lift the Front Leg (3) as far as it will go. Reinsert the Ring Pin into the bracket on the Crossbar to prevent the bench from unfolding.

⚠ CAUTION: To fold the weight bench, the holes in the Uprights (1) must be at least 46 cm (18 in.) from the wall.



2. Attach the Front Leg (3) to the Bench Frame (5) with two M10 x 80mm Bolts (23), two M10 Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Press a Foot Plate (4) onto the bottom of the Front Leg (3).

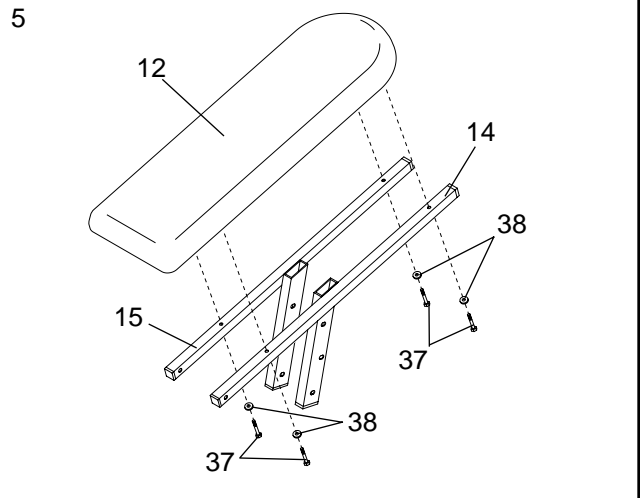
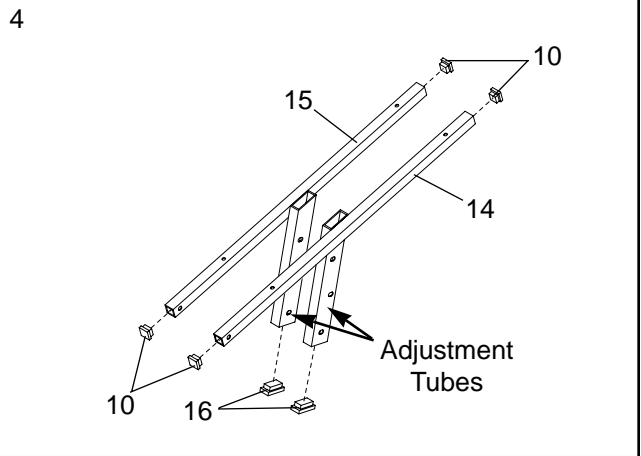
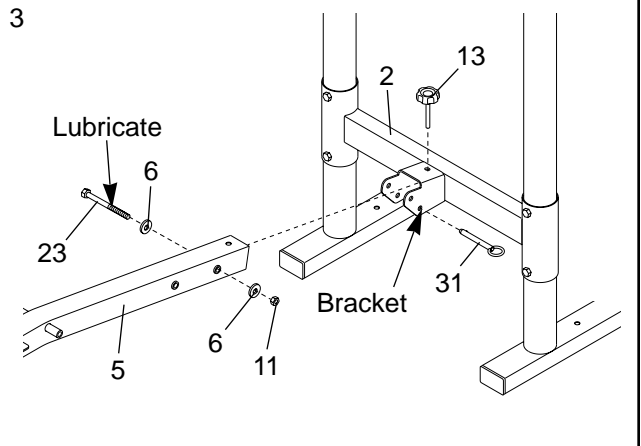
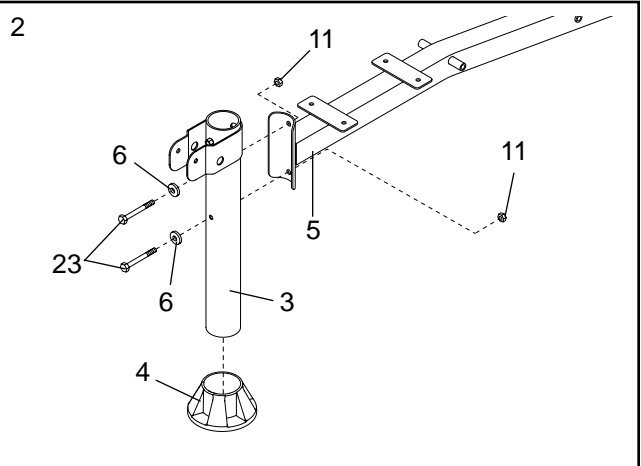
3. Lubricate an M10 x 80mm Bolt (23). Attach the Bench Frame (5) to the upper set of holes in the bracket on the Crossbar (2) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Bench Frame must be able to pivot easily.**

Secure the Bench Frame (5) to the Crossbar (2) with an M10 x 65mm Adjustment Knob (13). Insert the Ring Pin (31) into the bracket on the Crossbar.

Tighten the Nylon Locknuts (11) used in steps 1 and 2.

4. Identify the Left and Right Backrest Frames (14, 15). Tap two 25mm Square Inner Caps (10) into the ends of each Backrest Frame. Tap a 25mm x 50mm Inner Cap (16) into the bottom of each adjustment tube.

5. Attach the Backrest (12) to the Left and Right Backrest Frames (14, 15) with four M6 x 38mm Bolts (37) and four M6 Washers (38). **Do not tighten the Bolts yet.**



6. Lubricate the M10 x 180mm Bolt (28). Attach the Backrest (12) to the Bench Frame (5) with the Bolt, two M10 Washers (6), and an M10 Nylon Locknut (11). **Do not overtighten the Bolt; the Backrest must be able to pivot easily.**

Secure the Backrest (12) to the Bench Frame (5) by inserting the Locking Pin (27) through one of the three sets of holes in the adjustment tubes and the tube (not shown) on the Bench Frame. **Make sure the Locking Pin is completely inserted through both adjustment tubes.**

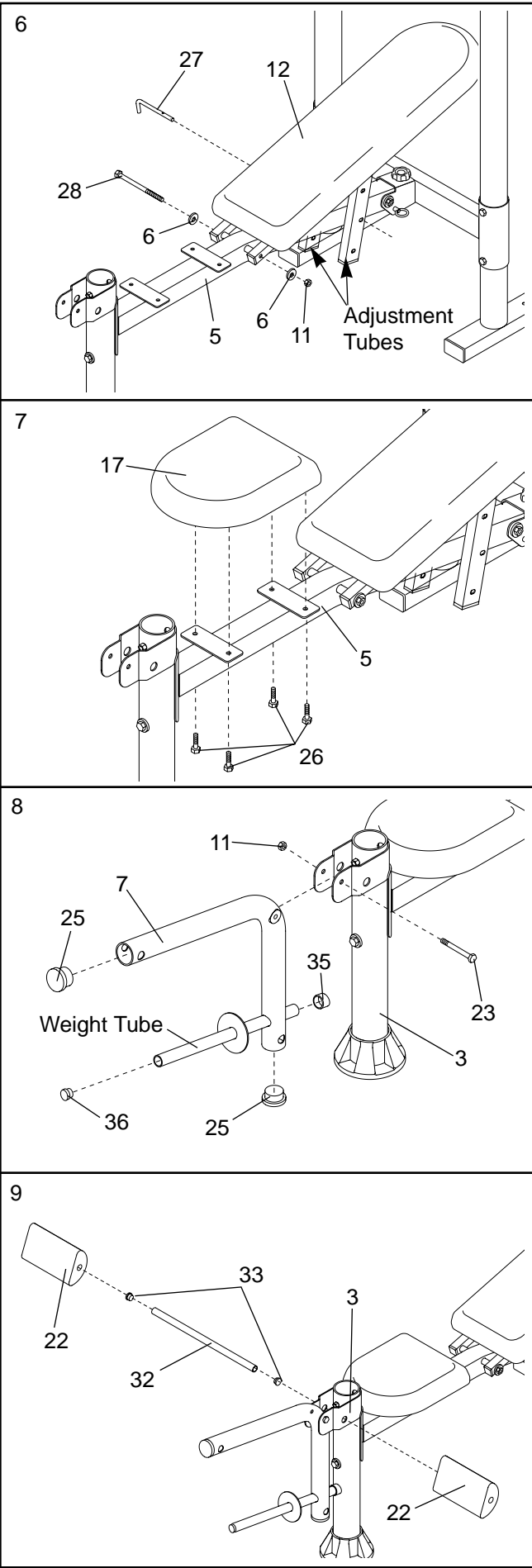
Tighten the four Bolts (37) used in step 5.

7. Attach the Seat (17) to the Bench Frame (5) with four M6 x 16mm Bolts (26).

8. Tap two 50mm Round Inner Caps (25) into the ends of the Leg Lever (7). Insert a 25mm Round Inner Cap (36) into the indicated end of the weight tube on the Leg Lever. Place a 25mm Angle Cap (35) on the other end of the weight tube.

Attach the Leg Lever (7) to the Front Leg (3) with an M10 x 80mm Bolt (23) and an M10 Nylon Locknut (11). **Do not overtighten the Bolt; the Leg Lever must be able to pivot easily.**

9. Press a 19mm Round Inner Cap (33) into each end of the Long Pad Tube (32). Insert the Long Pad Tube into the holes in the Front Leg (3). Slide a Leg Pad (22) onto each side of the Long Pad Tube.



10. Insert 19mm Round Inner Caps (33) into the ends of the two Short Pad Tubes (34). Insert the Short Pad Tubes into the holes in the Leg Lever (7). Slide a Leg Pad (22) onto each side of each Short Pad Tube.

11. Insert Weight Rest Inserts (20) into the top and bottom of a Weight Rest (19). Slide the Weight Rest onto the right Upright (1). Attach a Large Adjustment Knob (21) to the welded nut on the Weight Rest and tighten the Knob with a wrench. Pull out the Large Adjustment Knob and slide the Weight Rest to the desired height. Snap the Knob into a hole in the Upright and turn it clockwise to secure it in place.

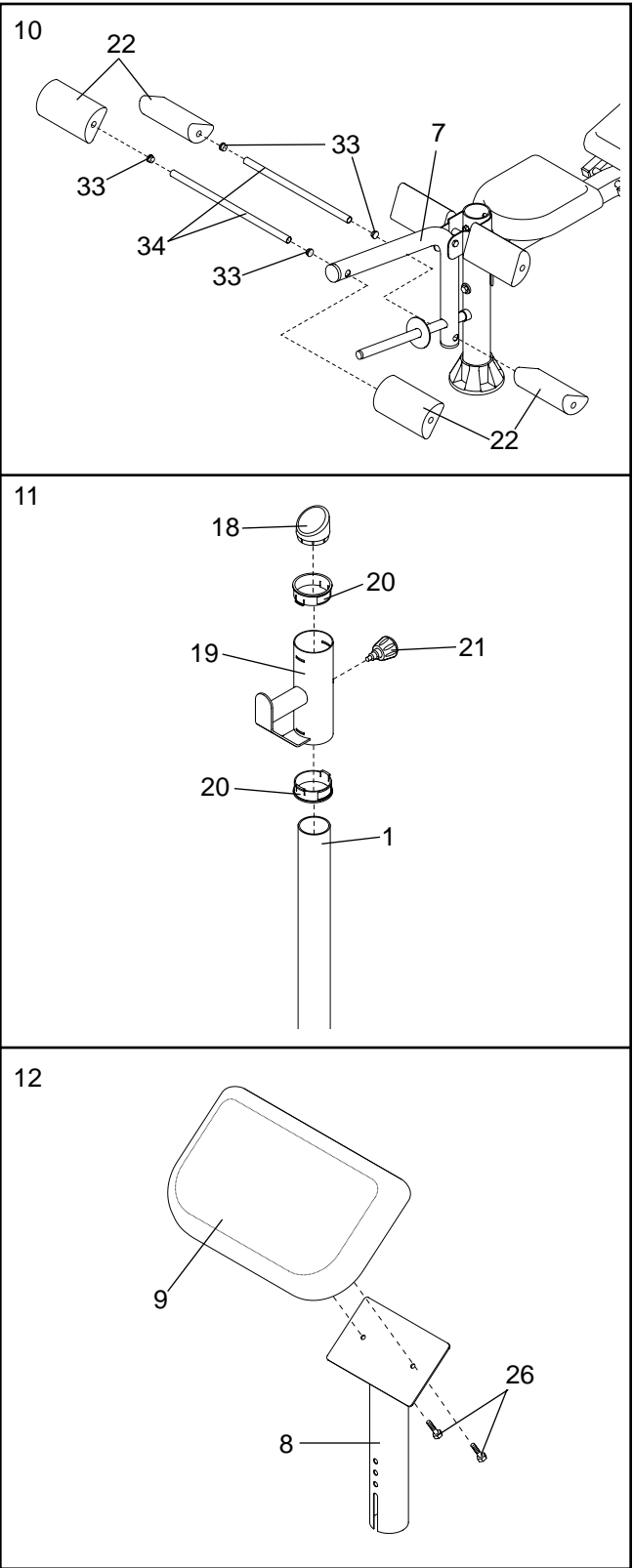
Insert a 76mm Round Inner Cap (18) into the top of the Upright (1).

Repeat this step for the left Upright (not shown).

Note: Always place both Weight Rests (19) at the same height.

12. Attach the Curl Pad (9) to the Curl Frame (8) with two M6 x 16mm Bolts (26).

13. **Make sure that all the bolts and nylon locknuts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in Adjustments, starting on page 10.



Part List—Model No. PFEVBE33310

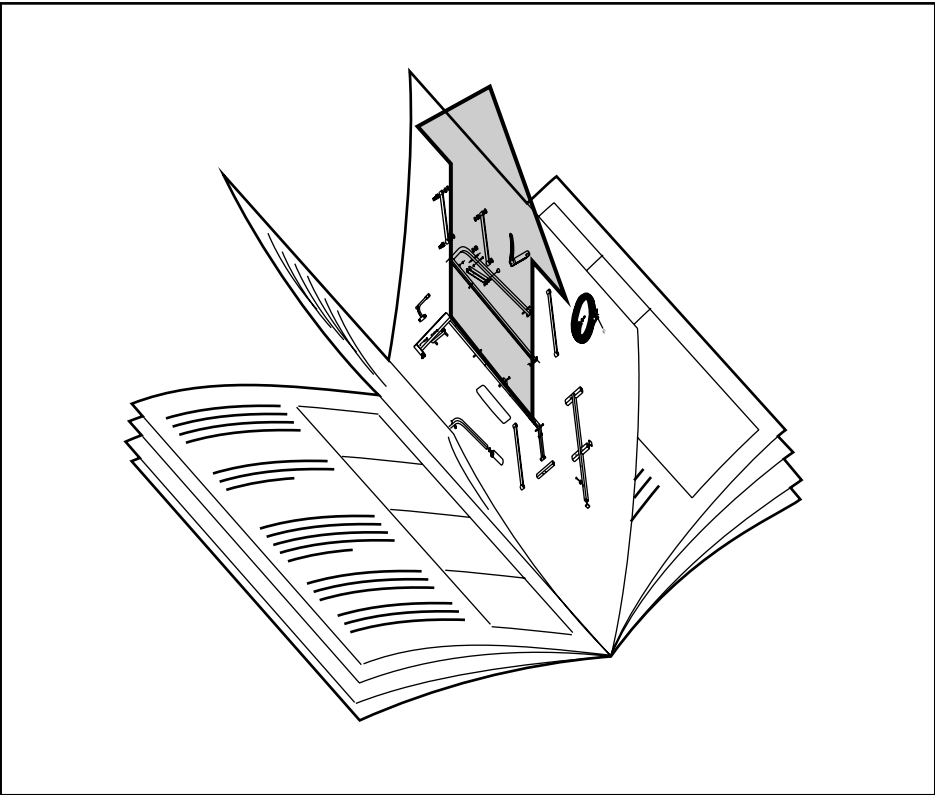
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	21	2	Large Adjustment Knob
2	1	Crossbar	22	6	Leg Pad
3	1	Front Leg	23	8	M10 x 80mm Bolt
4	1	Foot Plate	24	4	50mm x 70mm Inner Cap
5	1	Bench Frame	25	2	50mm Round Inner Cap
6	6	M10 Washer	26	6	M6 x 16mm Bolt
7	1	Leg Lever	27	1	Locking Pin
8	1	Curl Frame	28	1	M10 x 180mm Bolt
9	1	Curl Pad	29	1	M10 x 70mm Adjustment Knob
10	4	25mm Square Inner Cap	30	1	Plastic Bushing
11	9	M10 Nylon Locknut	31	1	Ring Pin
12	1	Backrest	32	1	Long Pad Tube
13	1	M10 x 65mm Adjustment Knob	33	6	19mm Round Inner Cap
14	1	Left Backrest Frame	34	2	Short Pad Tube
15	1	Right Backrest Frame	35	1	25mm Angle Cap
16	2	25mm x 50mm Inner Cap	36	1	25mm Round Inner Cap
17	1	Seat	37	4	M6 x 38mm Bolt
18	2	76mm Round Inner Cap	38	4	M6 Washer
19	2	Weight Rest	#	1	User's Manual
20	4	Weight Rest Insert	#	1	Exercise Guide

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

REMOVE THIS PART LIST/EXPLODED DRAWING
FROM THE MANUAL

SAVE THIS PART LIST/EXPLODED DRAWING AND THE USER’S MANUAL
FOR FUTURE REFERENCE



Exploded Drawing—Model No. PFEVBE33310

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